

## Lesson XVIII

### FASTING IN RELATION TO HEALTH

- 1 Fasting is a great agent of elimination and  
purification on the plane of the physical. It  
also bears a relation to the unfolding spiritual  
4 consciousness. Through fasting the elemental  
forces of the purely physical organism are  
subjected to the powers of spirit. These  
powers have an opportunity to dominate,  
8 when the self-nature has been reduced.  
Fasting and praying, as spiritual functions,  
have been found to be effective agents in  
liberating the spirit and the body.
- 12 Fasting, when associated with spiritual  
thought and purpose, becomes a rite of puri-  
fication. Through the physical cleanliness  
that fasting induces, consciousness is more  
16 receptive to the inspirations of the Spirit, if  
advancement permits. If one's advancement  
does not permit the inspirations of the Spirit,  
the psychic forces may be opened. These are  
20 often mistaken for spiritual powers. The  
psychic forces issue from the animal soul  
plane. When the soul plane is not redeemed  
from the sensual emotions and desires, the  
24 psychic forces assert their dominance and  
mental disorders arise. People of a psychic

tendency should not indulge in prolonged 1  
fasts.

Fasting should never be undertaken without 4  
understanding. It involves much more than  
cessation of food intake. Proper elimination  
of the poisons exuded from the organs, in  
the absence of foodstuff with which they are  
usually working, is imperative. Massage is 8  
often needed when through fasting one is no  
longer able to exercise. The throwing into  
the blood stream of latent poisons often arises  
under a fast, and the fast is blamed for the 12  
disorder. If one has understanding of fasting,  
how to both start and break a fast, these  
eliminations of poisons can be so regulated  
that the system is not shocked by the stirring 16  
up of the accumulated poisons.

Dieting is preliminary to fasting. Except,  
in severe cases of sickness, dieting should be  
worked out intelligently before fasting is 20  
attempted. It may take years to clean up the  
system; to stir up the latent poisons, induced  
greatly by drugs, and to eliminate them har-  
moniously. Because fasting and dieting are 24  
attended with discomfort is principal proof  
that they are doing their work, and that there  
was a need for purification. The tongue  
registers, during a fast, the condition of the 28

- 1 alimentary tract. If it is not beautiful to  
behold, one can imagine how polluted the rest  
of the digestive system is.
- 4 Fasting is a great adjunct to health. Health  
is the harmonious expression of the organs  
of the body, each expressing its own function  
properly as well as coördinating with the all  
8 in harmony. While no one is in a state of  
health in an absolute sense, temporary  
physical harmony is present to many. This  
is called a state of health in contradistinction  
12 to disease. Disease is disorder bodily func-  
tion, when seen from the purely physical  
standpoint. The cause of inharmonies is  
greatly mental. This is not alone through the  
16 adverse and impure thought forces and  
emotions that are liberated, but through lack  
of conformity of consciousness to the standard  
upheld by the underlying Principles of Being.
- 20 Living is a state of unfoldment. The forces  
of spirit, soul, mind, and body, made up of  
impulses, emotions, thoughts, and acts are  
passing through stages of imperfections to  
24 become perfectly unfolded and coördinated.  
When the imperfections of these forces  
become marked or excessive, discord is  
present. It is said if one is not in a state of  
28 health, that he is sick. The purely animal

creature may react more directly to the 1  
influences that touch the body or the outer  
mind, hence, it is on this outer plane that his  
education begins. This involves proper 4  
thought and food.

Through fasting, the organs of the body are  
permitted to clean up themselves. There is  
a great body waste to be reckoned with in 8  
the processes of elimination. When the bodily  
functions are overtaxed by too much food,  
or too frequent eating, the cleaning up process  
of the organs themselves is impeded, and 12  
discomforts result. Fasting, especially, relieves  
the body of wastes and makes for purification  
of the blood and renewal of tissues. Fasting,  
as well as abstemious eating, exhilarates the 16  
organs and makes for youth and longevity.

If one has eaten wrong combinations of  
food for from ten to thirty or forty years, the  
only way to clean up the system is through 20  
eliminative dieting and a series of fasts.  
Mental healing may modify the chemistry of  
the organism but it cannot make a pure vessel  
of the body that is already a cesspool. The 24  
garbage can is a fair example of the digestive  
apparatus of the average person, who eats  
what he likes when he likes it. Mental healing  
or spiritual healing cannot offset effects in 28

- 1 the body that are the result of impeded  
circulation, that can be traced to mucus and  
slime in the system.
- 4 The art of dieting and fasting is as impor-  
tant on the plane of the physical as the fast-  
ing from mental and emotional forces on the  
planes of mind and soul. Fasting is first a  
8 cutting off of food or thought that pollutes the  
organism and consciousness. This is followed  
by an effect, incidental to this elimination.  
When the food intake is cut off preëxistent  
12 inharmonies come to the surface. For this  
reason, latent diseases may reveal themselves  
during fasting. On the plane of mind, the  
inherent confusion and disorder, existent  
16 through impure thought and desire, also arise  
to be dealt with. Any adverse force is men-  
tally subjected by superseding it with the  
higher thought and desire.
- 20 The perfected natural gives rise to the  
spiritual. This is to say that if the forces of  
spirit, soul, mind, and body are perfected on  
the natural plane their correspondingspiritual  
24 qualities will be uncovered. Fasting, by which  
the natural body is purified, often gives rise  
to super powers and forces that make for  
mental and spiritual illumination. It is as  
28 though the spirit delights to be free from a

gross material organism, and reveals itself 1  
to one who can hold the physical forces in  
check.

It requires considerable stamina of character 4  
to undergo a fast. When necessity arises, one  
must do what is needful to bring about  
harmony. But to fast, subjecting the will and  
the appetite out of the joy of mastering the 8  
elemental forces of nature, is conducive to  
spiritual power and illumination. Aside from  
the cleansing process set up in the body, the  
compensation to be derived from fasting is 12  
highly satisfactory. One does not really see  
himself nor know himself until he can behold  
the body in subjection to the ego that inhabits  
it. Fasting is the most effective way to restore 16  
the natural man to his God-ordained har-  
mony. At least ninety per cent of the ills of  
the race can be traced to ungodly mixtures of  
food. Most people, however, must come under 20  
a doctor's care to undergo discipline in regard  
to food. This is not a commendable fact, and  
to this necessity can be traced much of the  
unrighteous conditions of government. "He 24  
who cannot govern himself is a slave." The  
slave to appetite is a slave in other ways,  
necessitating that someone hold over him the  
"iron hand of power." 28

1 Some dietitians claim that fasting is the  
only key to a superior unfoldment. It is a  
scientific fact that one's thinking and feeling  
4 change according to the freedom enjoyed by  
the body. If one is in bondage to an ailing  
physical organism, the spirit may assert itself  
in spite of the flesh; but it also is able to soar  
8 into greater heights when the necessity for  
suffering has been overcome. Suffering is a  
necessity to effect growth, but one mentally  
and spiritually illumined, finding his love in  
12 the pursuit of wisdom, should go free from  
this necessity.

Mental advancement and fasting go hand  
in hand. The ascension of the spirit of man  
16 above the lower physical plane sets into  
demand the desire for a purified organism.  
Mental healing enters at this point, as an  
agent, by which the forces of the body are  
20 changed. Higher thought energies make ready  
the garment of purity. But this garment  
cannot be put on if one disregards the  
mastering of appetite and the regulation of  
24 food. Fasting follows as a natural result,  
the recognition of one's spiritual birthright.

When the body is free from all obstructions,  
as it is in perfected fasting, the whole con-  
28 sciousness is liberated. A perfected fast is

not possible until the system has been cleansed 1  
through proper dieting. Neither can a perfect  
fast be experienced except by one spiritually  
unfolding. The effect of the perfect fast is 4  
to charge the body with emanations of life,  
that are like joy coursing through the veins.  
This is possible only when the blood stream  
is no longer the abode of the sensual ego, but 8  
has become the abode of the Christ Life. The  
Christ Life, emanated from the Divine Seed  
of Life, has its identity in the blood, by which  
it is crossed into the entire organism to effect 12  
its regeneration and redemption. The forty  
day fast of Jesus is under Divine Law; and it  
is the means by which spirit, soul, and body  
are freed from obstructions, imposed upon 16  
them through inharmonious thought and  
living.

Through the habit of eating people are  
subject to all kinds of disorders. Fasting is 20  
the cure for all of them, but it must be under-  
taken in understanding. Because eating food  
stops certain pains and disorders people have  
thought that the inharmonies were sup- 24  
pressed. The eating of food, under distress,  
merely stops the eliminative processes going  
on and for the time being obscures the  
condition. Fasting will uncover the hidden 28



- 1 conditions and systematically rid man of the  
disorders, as well as other conditions that  
are not known to be present. When the  
4 organism is cleansed through fasting and the  
proper food eaten, advancement from plane  
to plane of consciousness will be a natural  
result.
- 8 The Principles of Being to be worked out  
are inherent in consciousness. This conscious-  
ness is present as man. We see it as the body.  
When the body that houses the Man is clean,  
12 the Principles of Being will naturally unfold.  
Since it is intelligence that prompts the  
cleansing of the body, both mind and body  
are prepared to function the Principles of  
16 the Spirit. These promote a new state of  
spirit and body to be manifested as Man.  
Everything that brings a benefit to the body  
of man indirectly benefits the spirit, even as  
20 the spirit benefits the body, when the forces  
of flesh have been subjected to the Will of  
the Spirit. This subjection is effected greatly  
through mastery of appetite and passions.
- 24 Fasting, when prompted through spiritual  
desire, liberates all the forces of conscious-  
ness, revealing the governing principles of  
Life and Being.

**MEDITATION**

1

I am glad to fast from all impure thought,  
food, and emotions.

I rejoice in a purified organism, gained 4  
through fasting and praying.

I know to eat and drink what the body  
requires under the Divine Law.

